



### Overview:

Head up...shoulders back as students take a ten minute walk across the United States. They will imagine themselves in various points of interest as they travel to different states.

### Lesson:

Becoming familiar with geographic representations of our region

### National Standard(s) Addressed:

**#2 The History of Students' Own State or Country** - Understands the people, events, problems and ideas that were significant in creating the history of their country.

### Goals:

#### Performance

Students will be able to map their route across the country.

#### Cognitive

Students will identify regional icons in various states across the country.

#### Affective

Students will become aware of the special points of interest in the country and the history behind each of them.

#### Pre Teach Vocabulary

**Monument** - Something built in memory of a person, event or special deed.

**Tribute** - A gift to show respect toward someone or something.

#### Activate Prior Knowledge

Ask students to describe places they have visited in the United States.

### My Ideas:

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Head up...shoulders back as students take a ten minute walk across the United States. They will imagine themselves in various points of interest as they travel to different states.

### Lesson:

Proper Walking Techniques

### National Standard(s) Addressed:

**#1 Movement Forms** - Demonstrates competency in many movement forms.

### Goals:

#### Performance

Students will demonstrate proper walking techniques while walking.

#### Cognitive

Students will know the cues for proper walking form.

#### Affective

Students will see walking as an enjoyable means of exercise.

#### Pre Teach Vocabulary

**Posture** - The way one holds one's body while sitting, standing or walking.

#### Activate Prior Knowledge

Begin by demonstrating proper walking form to the class.

### My Ideas:

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